SUMMER 2022 VOLUME 1, ISSUE 4

THE BRIDGE

A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities

A Message from the Editor

Written by Amanda Van Dyke

Goodbye school, hello summer! With a lighter load and warm summer days, now is an ideal time to unwind and focus on wellness. We close out the semester with the successful launch of The Bridge and shift our attention to the quality of our well being. Best wishes to the first editors of The Bridge, Anthony Avalos and Samantha Welton. It is an honor to continue their efforts and I look forward to working with faculty editor, Dr. Carla Valdez, to publish The Bridge in the 2022-2023 academic year.

Future newsletters will continue to carry out the mission of building and sustaining bridges within our communities. For now, sit back, relax and do not be afraid to put yourself first. See everyone in three months!

Newsletter Highlights

Message from the Editor

Spotlight Central

Summer of Self-Care

Public Cervix Announcement

Wellness Resources

This is Public Health

Upcoming News & Events

SPOTLIGHT CENTRAL

If you would like to nominate someone for our monthly spotlights, submit **our content form**!

FACULTY SPOTLIGHT
Dr. Bobbie Emetu

Dr. Bobbie Emetu will be on sabbatical leave during Fall 2022. She will be conducting an exploratory research project in Nigeria which will highlight needed resources for sexual minority men who remain disproportionately impacted by the human immunodeficiency virus (HIV).

For the first portion of the project, three groups of stakeholders: community leaders, health professionals, and representatives who serve the target population will be interviewed to further understand what resources related to HIV interventions are needed and lacking. Part two of the project entails surveying men within the community to understand underlying barriers that hinder HIV prevention.

This project will advance understanding of gaps and unidentified factors for HIV prevention and contribute to innovative ideas for reducing HIV transmission disparities among a population that needs further attention in Nigeria.

ALUMNI SPOTLIGHT
Dr. Darlene Peterson

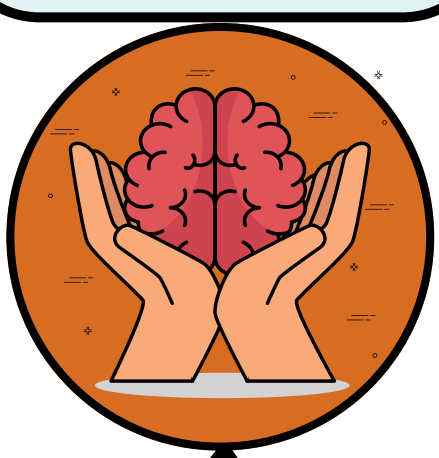
Dr. Darlene Peterson is the Founding Director of the MPH and DrPH programs at Claremont Graduate University, and Senior Associate Dean for the School of Community and Global Health. She graduated from CSUN in 1997 with an MPH in Community Health Education.

Recently Dr. Peterson co-edited the 5th volume of Health Program Planning, Implementation, and Evaluation: Creating Behavioral, Environmental and Policy Change from Johns Hopkins University Press. The book provides students with up to date text that coincides with 21st century public health problems, and highlights how the faithful application of the PRECEDE/PROCEED model may have helped avoid or mitigate some of the confusion and questioning whenever faced with new health challenges, including COVID and climate change.

Summer of Self-Care

"Self-care is not self-indulgence; it is self-preservation"
-Audre Lorde

Mental Health



Self-Care Practices

5-minute Mindfulness Practice

Self-awareness Through Journaling

Keep Calm & Breathe Deep

Mind Your Ally

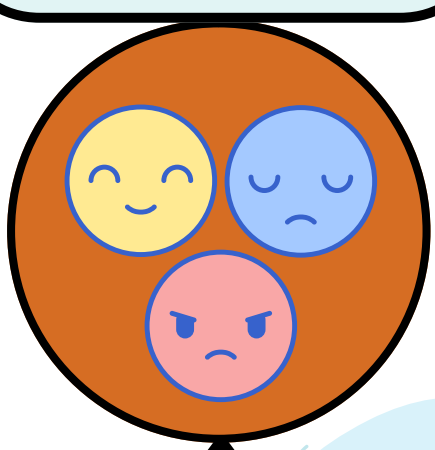
Self Check-In

What's taking up most of my headspace right now?

What can I let go of that is getting in the way of my health and well-being?

What can I do about it?

Emotional Health



Healthy Coping

What are Emotions?

Emotional Stress

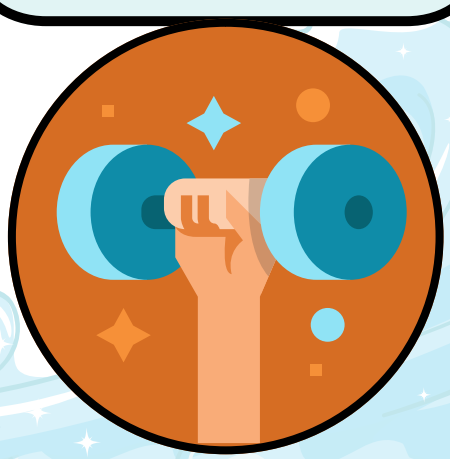
Creative Expression

What are my emotional needs right now?

What do I need at this moment?

How can I be gentle with myself?

Physical Health



Yoga With Adriene

Wellness Check

Lets Get Physical

Re-imagine Your Body

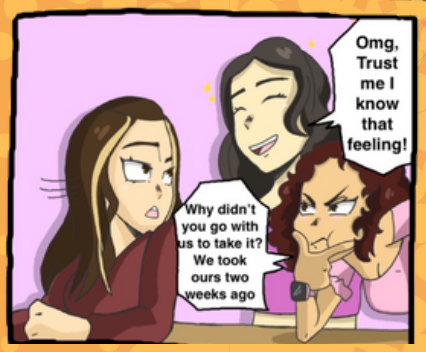
What does my body need?

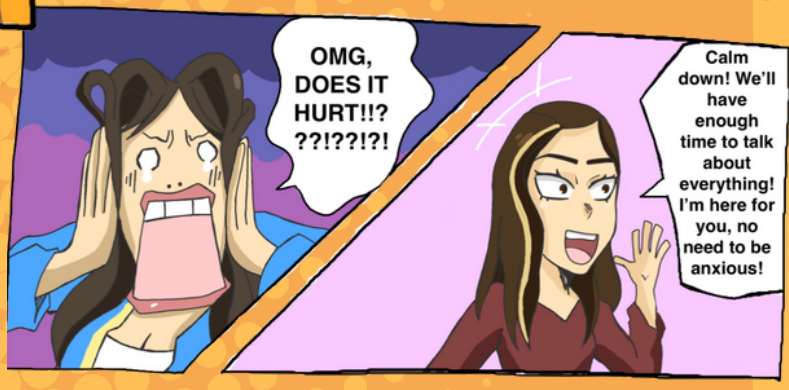
Do I have a plan to be outside today?

How am I moving my body today?

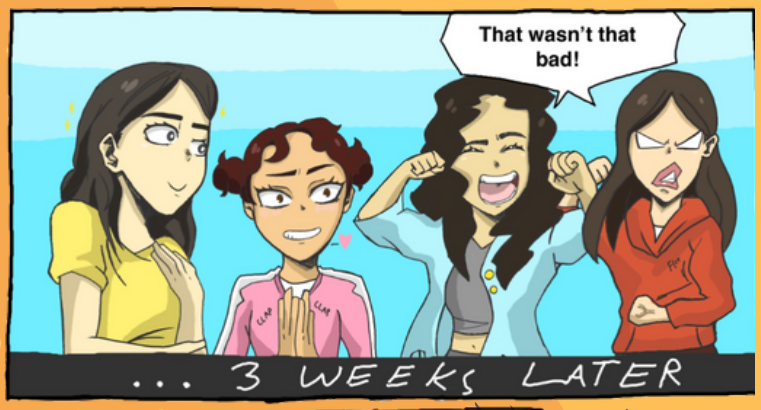
PUBLIC CERVIX ANNOUNCMENT!

Hi, this is your physician calling in regards to your pap smear test results.
AH!
The results came back as negative! If you have any questions, please contact your physician.
Fatima
Lea





Don't worry we all have gotten it!
Ya! I can even refer you to my physician and we can go to the clinic
It's pretty fast! Let me tell you what happens...
TAP TAP



CONTENT CREATED BY STUDENTS XIMENA CORTEZ, FATIMA JIMENEZ, MARINE KESHISHYAN, STEPHANIE VILLARREAL, & LEA CASTELLANOS IN HSCI 431 HEALTH BEHAVIOR THEORY.

THIS COMIC EXPLORES THE RELATIONSHIP BETWEEN PEER SUPPORT AND POSITIVE HEALTH BEHAVIORS.

SEXUAL HEALTH RESOURCES

KLOTZ STUDENT HEALTH CENTER

(818) 677-3666
Option 1

PLANNED PARENTHOOD

(800) 576-5544
Van Nuys

THIS IS PUBLIC HEALTH

The Bridge will share recommended readings, podcasts, and job/internship opportunities every month!
Click the underlined hyperlinks below to learn more!

OCT 2022 CHES EXAM REGISTRATION OPEN FROM MAY 1 – AUGUST 31, 2022

WHAT WE READ IS INFLUENTIAL

Public health asks: How can we strengthen public trust?

Roe vs. Wade Overturned

Abortion Is Healthcare

WHAT WE LISTEN TO IS INSPIRING

Youth Mental Health and Why Things are so Bad

The Nation's Health

Continuing Education Opportunities

SAS Summer Workshop
Coding and Statistical concepts
Registration fee:
$150.00 per student
$300.00 per alumni

July 16 - August 20, 2022
1:00 pm to 3:45 pm

Proceeds donated to support the Public Health Alumni Chapter !!!

APHA Now!
CE Session & Assessment
Registration fee:
$50.00 per student/alumni
$60.00 per non-alumni

August 1, 2022, 12:00pm

Tarzana Treatment Center
Summer Mini-Conference Series
Registration fee:
$30.00 per individual

August 13, 2022, 10:00 am to 1:00 pm
The Great MAT Symposium
October 15, 2022, 10:00 am to 1:00 pm
The Euphoria Roundtables Youth Symposium

On-campus Summer Movie Fest Thursdays @ 5 pm June 9th- August 25th

Children's Swim Lessons @ the SRC July 16th- August 13th

American Red Cross CPR/First Aide/AED Certification: SRC Saturday's July 16/23 & August 6

Hello July

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

UPCOMING EVENTS

01
Application for Fall APHA Internship Closes

4
Independence Day

16
First Day of SAS Summer '22 Workshop

SIGN UP FOR OUR NEWSLETTERS!

Click the link below to subscribe to our email list and get monthly access to our newsletters!

SIGN UP

GOT A STORY TO SHARE?

Let's stay informed! Contribute to The Bridge by filling out our content form so we all stay updated and connected!

Hello August

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

UPCOMING EVENTS

01
CE: APHA Now!

13
CE: The Great MAT

29
Start of Fall Classes

31
CHES Exam Registration Closes